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Swinging Bridge - February 5, 2015

Joel Hoover

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NIGHT RAZORS

Plan New RECORD-BREAKING Scooter Attempt

By Kristen Schyler
STUDENT WRITER

Breaking a Guinness World Record can be a much more complicated process than it might seem.

The Night Razors are a group of current and former Messiah students who connected through their common interest of riding kick scooters around campus. The difference between the Night Razors and any other college kick scooter group is that these guys are out to put their skills to use to make a difference in the world.

Last May, the Night Razors decided they would see if they could successfully break a world record. The one they chose was the longest distance traveled by scooter within 24 hours. The previous record had been set in Australia and concluded in traveling 336 miles. The Night Razors ended up with a total distance of 344 miles.

This year, the team has a new record on the agenda: the greatest distance

traveled on a slip n' slide in one hour. Breaking this record consists of acquiring a 125 foot long slip n' slide, riding a cumulative distance of at least 26 miles, and receiving a multitude of volunteers willing to participate.

"Each person sent down the slide counts for that distance," Louis Gallo, one of the members of the Night Razors, explained. "We need all the help we can get! The more people the better."

Their record-breaking attempt is planned for May 2, 2015 at Camp Conquest in Denver, Pennsylvania. The Night Razors plan to have this event be community-oriented, so they are inviting students and staff to come to the event and spend the day with them.

The team has acknowledged that financial help is always welcome in order to attempt the record. Funds raised will also support the Living Legacy Foundation (LLF) of Maryland.

The Night Razors have been actively involved in raising money and awareness



Photo by Night Razors

The Night Razors are already shooting to break another World Record on their scooters.

for the foundation. The LLF provides organs and tissue for those who are in need, as well as family support and counseling. Night Razors member Ben Baker received a liver transplant through the organization three years ago. The Night Razors have raised \$6,500 for the organization so far, and plan to continue their partnership with them.

Even after transferring to Temple University, Baker is still actively involved in the endeavors of the group. Plans are continuing to be made for future world records.

"We want to do good for our community

and do it in a creative way," Baker said. "The Night Razors want to be known for giving in a different way to show God's kingdom."

The group encourages their fellow Messiah students to stay tuned for upcoming events.

The Night Razors have encouraged students and community members to attend the slip n' slide event for moral support, even if they cannot participate. You can sign up via their Facebook page "Night Razors" or get in contact with them by email at nightrazors@live.com.

SENIOR FILM STUDENTS BRING LONG TERM IDEA INTO SHORT FILM REALITY

By Joel Hoover
EDITOR-IN-CHIEF

It was a film idea that began coming together two years ago.

In the past two months, it has come to life in rapid succession.

"It's been a whirlwind," says senior film major David Wingert during a break in shooting a scene on Messiah's campus

for *The Neighborhood*, a film co-directed by Wingert and fellow senior film major Mark Trinkle. The film has been shot throughout the month of January, primarily in Wingert's hometown of Rothsville in Lancaster County. It is expected to be released at the end of April.

The film has been the culmination of an idea that came to Wingert during his sophomore year. The inspiration came amidst observation of several other student films that Wingert both helped with and watched. He brought the written script to Trinkle last spring, who was on board with the story plan.

From there, the script still had to undergo numerous changes and re-evaluations for it to land just where the co-

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"Yacht Club" Triumphs in Second Annual Falcon Feud

By Madeline Crocenzi
STUDENT WRITER

The Yacht Club family were crowned champions of the second annual Falcon Feud live game show event on Jan. 26 in the Larsen Student Union. The event was conducted by the Student Activities Board and The Pulse.

Eight teams made up of five students each competed for the grand prize of

\$250. The eight competing teams were the Yacht Club, the Catz, Big Money, No Ragrets, Miller-ionaires, Cheetah Girlz, Red Hot Trivia Peppers, and Hill House Heroes.

In a style similar to the *Family Feud* television game show, teams competed head-to-head to earn points based on correctly guessing frequently-given answers to varying survey of 100 people. Each game included two regular single-point questions, followed by a double-points question.

The night started out pitting Big Money against the Miller-ionaires, with the latter picking up a 324-43 victory to move into the next round. Next, the Cheetah Girlz defeated The Catz in a close

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directors wanted it to be.

"It took a little while for (the story) to evolve into what it is now," says Wingert of the movie's premise. "It's still very similar to what we had when we first started, but it's also very different."

What they settled on was a story about a boy--played by Wingert's longtime friend and inspiration for the part, Evan Wingenroth--who has grown up in the same neighborhood his entire life. On the eve of his friend departing for a college opportunity, the boy suddenly deals with mixed feelings of jealousy and empathy in seeing his dreamed-about opportunity being fulfilled by somebody else.

"It's about internally negotiating friendships and what that looks like," says Trinkle of the overarching themes of the story. They said they are hopeful that audience members will think critically about how their own personal friendships look and what kind of meaning they place in them.

The co-directors both agreed early in the creative process that a strong story was going to be the central focus in shaping the film. While the recent senior films *Palace* by Rolando Vega and *Downward* by Mitch McClure were large-scale productions, Wingert and Trinkle

both wanted to make a senior film that was more story-oriented.

In the end, they both estimated that they had spent over half the pre-planning time focusing on story.

"We have talked about story a million times...we hammered that down," Trinkle says.

The transition from story to picture began at the beginning of December, as they began seeking out help for all aspects of the film's production. Much of the credit for the planning during the frantic month went to producer Kayla Caracci and cinematographer Heidi Markley, who both helped with organization of the equipment and scheduling of shooting.

Wingert and Trinkle have also credited much of *The Neighborhood's* existence to the work of volunteers who have contributed to its various aspects. Along with the various film students involved, the co-directors enlisted the help of Wingert's family for a place to stay and base to shoot from, as well as a local restaurant that provided food and a place to film for the movie. Both directors are already planning their thank-you notes for all who have supported them.

"We would still be sitting in our room talking about this story if it weren't for



A boy (Evan Wingenroth, L) faces fast-approaching changes in his friendships in *The Neighborhood*. Photo by Heidi Markley

people who were willing to be generous about this," says Wingert. "It has been a humbling experience."

With filming expected to wrap up at the beginning of this month, post-production is expected to finish in April ahead of Messiah's Splice Film Festival. There is still color correction, picture editing, and music from David's brother to add to the shots. Beyond Splice, Wingert and Trinkle are planning to enlist the help of Caracci to enter other film festivals.

The pair have already won a great deal

in terms of learning about the film-making process--and what it might mean for their future film careers.

"I told myself a while back that this will either be the beginning of a career in film, or the end of one," Wingert says. "I don't know what my future holds...all I know is that at this moment now, I want to do this project 100% and I feel like God has called me to this."

After a two-year process of development, the calling will soon be a big-screen reality.

HEALTH COLUMN | Combating the coming of the Flu

By Betsey Miller
NURSE PRACTITIONER

Spend a few minutes in Lottie or in the Union and you're bound to hear it. It is that sound that's echoing up and down the hallways of every dorm.

And then there is the harrowing sound of it behind you in class. "Did he cover? I hope he covered..." It's THE COUGH. It is everywhere right now...and it can seem impossible to avoid.

Nationally, we're at the height of flu season. Messiah did not seem to get hit with the flu until about two weeks ago, when we saw a significant rise in incidents. This lag behind the national peak was probably thanks to our Christmas break and a lower-than-normal student population on campus during J Term. But now, influenza has arrived.

As a college student, you are more at risk for influenza than the average person. Irregular schedules, close living quarters, and unusual sleeping and eating habits all contribute to this risk. Add to that the fact that you tend to hang out with the same group of people most of the time -- you go to class together, you eat together, you socialize together -- it just does not take long for germs to

spread in populations like yours.

Since you can't hibernate or live in a bubble, what's a college student to do? In order to *prevent* yourself from getting sick, here are a few tips:

-Wash your hands frequently, and try to keep your hands away from your face. There's no quicker way to infect yourself than to touch a door handle and then pick your nose.

-Try to get plenty of sleep. A well-rested body fights off infection better than a tired one.

-Eat a balanced diet. Again, it's about immunity. Take care of your body and it will take care of you.

-Limit your exposure to people who are sick. I am not saying you have to treat them like they have the plague. Just keep your distance.

-Sharing is not caring (in this case). Do not share your drink. Tomorrow you might be sick, which means today you might be infectious. It's okay to be selfish sometimes.

Maybe you're reading this too late, and you're already feeling miserable.

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Now what?

First, let's differentiate between a cold and the flu. Both are viruses, but influenza starts suddenly and typically causes a fever, body aches, headache and a cough. Most of the time, congestion, sore throat and other "cold symptoms" are absent with true influenza. Many people refer to nausea, vomiting and diarrhea as "the flu." However, this is in fact another common viral illness

called gastroenteritis. True influenza is characterized primarily by a cough and fever.

Influenza can be serious. About 200,000 people are hospitalized with the flu every year. Some people are more at risk to develop pneumonia after having influenza -- especially those with chronic illnesses like asthma or people who are immunocompromised.

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If you think you might have the “true-flu”, schedule an appointment at the Engle Center within the first 48 hours of your symptoms beginning, as you may be a candidate for an antiviral medication that can shorten the course of your illness and reduce your risk of complications. If you think it’s just a cold, you can treat your symptoms with over the counter medication, rest and fluids. And be sure to come check out our newly remodeled Falcon Self Care Room at the Engle Center, where you can get a single day’s supply of over-the-counter

medications for free.

Remember that influenza is very contagious. If you are sick, try to isolate yourself until your symptoms have improved. Wash your hands frequently and cover your cough by coughing into the crook of your elbow. Watch for worsening symptoms like a prolonged fever or prolonged cough. If your symptoms seem to be worsening instead of improving, please schedule an appointment.

Let’s keep our germs to ourselves, Messiah. And before we know it, our collective cough will be silenced!



Photo by Will Colfelt

Falcon Feud host, Joel Hoover, requests an answer from a participant.

Colleges Take Steps to Relieve Students' STRESS

By Madeline Crocenzi
STUDENT WRITER

Stress has become a well-known feeling to many college students across the United States. The Merriam-Webster dictionary defines stress as, “A state of mental tension and worry caused by problems in your life, work, etc.” According to the University of Michigan there are two different types of stress. The first is external triggers, such as losing your job. The other is internal triggers, which includes placing pressure on yourself to get an A.

Psychologist Dr. Gregory Jantz says when you feel stressed, your body’s adrenal glands release more cortisol, keeping your body in a constant state of stress. This takes energy away from you and leaves you listless and unfocused. Stress management counselor and speaker Barbara Rubel says some stress and anxiety is healthy. However

she defines unhealthy anxiety as, “when uneasiness and concern fills them with apprehension and they are constantly worried and cannot control their anxiety level.”

The Huffington Post reported that college students are fifty percent more “stressed out” than the rest of the United States population. In addition, the Anxiety and Depression Association of America says that, “anxiety disorders are one of the most common mental health problems on college campuses.”

Many colleges are implementing special activities and programs to relieve stress. Bowdoin College offers yoga, Tai Chi, peer support groups, and performances by an eight-string quartet during finals week. Messiah, Northwestern University, Stanford, and Harvard all participate in a form of the “Midnight Scream.” Recently Lehigh University partnered with The Huffington Post and Good Morning

// FALCON FEUD Continued

game of 189-166. The only all-boys team, The Yacht Club, defeated No Ragers by a score of 190-121. Finally, the Red Hot Trivia Peppers dominated the Hill House Heroes in the final opening round game by a score of 350-8.

Falcon Feud continued on to the two semi-final games; the Cheetah Girlz vs. the Miller-ionaires and the Red Hot Trivia Peppers vs. Yacht Club. Ultimately, it was the Cheetah Girlz and the Yacht Club who were triumphant in their two games.

Those two teams advanced to the Fast Money final round, where two people from each team would volunteer to answer the same five survey questions. Without any duplicated answers, their points would then be combined together and put head-to-head against the points earned by the other team from a different five Fast Money survey questions.

The Cheetah Girlz chose first-year students Phoebe Adams and Taylor Holt to participate for their team. Holt and Adams scored 119 and 43 points respectively for a grand total of 162 points.

The Yacht Club, consisting of sophomores Devin Esch, Alex Roth, Louis Gallo, Evan Lebo, and Greg Talamo, chose Esch and Roth for the Fast Money round. They scored 135 and 38 points respectively for a winning score of 173 points.

“We practiced for this. We’ve been read-

ing (Family Feud-style) questions the past couple of days,” they said of their preparation for the event.

The Yacht Club credits the time spent practicing and “looking good” to what helped them win. When asked what they’ll do with the \$250, they quickly replied, “taxidermy.”

“Maybe something with a squirrel in a canoe. It’s an inside joke,” they said.

Audience members also got to participate in the traditional Family Feud-style questions during breaks. The winner of these shorter rounds received their choice of a gift card.

“It was really fun and unexpected,” said first-year student Ashlee Miller. Miller won a \$10 Chipotle gift card for correctly answering a question during a break.

The Falcon Feud closely resembled traditional Family Feud, with large buzzers, sound effects, microphones, and music. Even the host, senior Joel Hoover, came out wearing a mustache similar to Steve Harvey’s iconic look.

The only difference? No new car.

Ultimately the night filled with laughter, jokes, and fun ended with the Yacht Club taking the ultimate prize.

“We’d like to thank everyone who supported us,” the members of the Yacht Club said. “Shout out to our President Kim Phipps!”

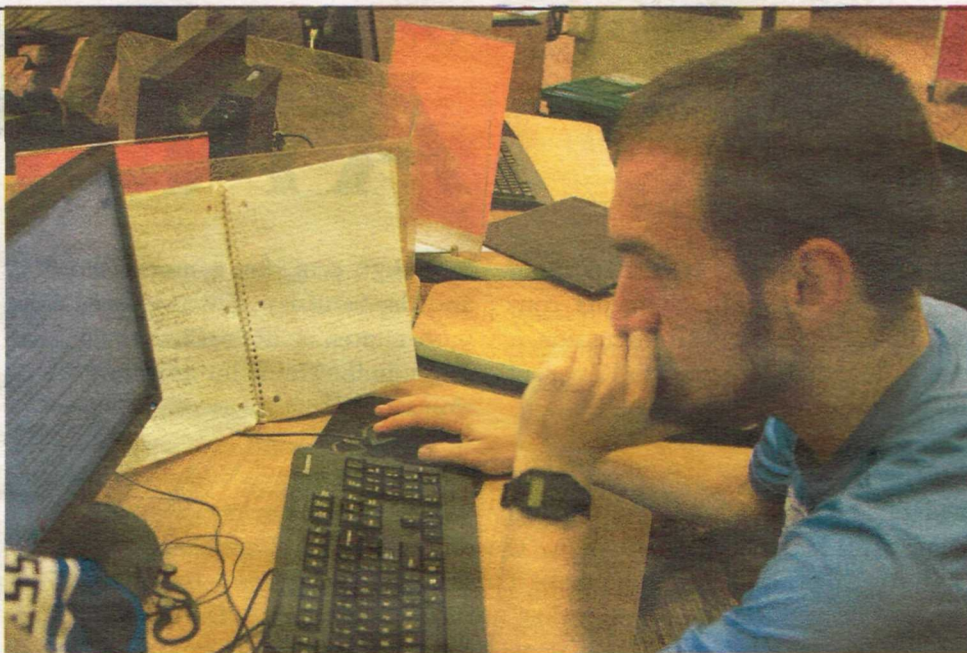


Photo by Joel Hoover

Senior Joel Zeigler tackles a stressful late night of work on the eve of J-Term finals.

America to host a “generation stress oasis.”

During the oasis students were offered free massages, stress-relieving crafts, healthy snacks, and therapy dogs. One of the most popular forms of stress relief on campuses is the use of therapy dogs. CNN says playing with dogs increases human’s levels of oxytocin, which reduces anxiety and blood pressure. Recent research found that students experienced a sixty percent decrease in anxiety and loneliness symptoms after completing animal-assisted therapy.

Emory University is just one school using therapy dogs to help students. USA Today reports that pet-friendly dorms are becoming more common across college campuses. Harvard Medical School and Yale Law School also allow students to “borrow” therapy dogs in their libraries. Indiana University also hosted a “Rent-a-Puppy” day where students could pay \$5 for time with a puppy at a local animal shelter.

What is Messiah doing to help students who feel stressed? The club Minds Mat-

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ter recently hosted a "De-Stress Fest" to help students during finals week. Some of the events included free zumba, gingerbread house building, hot chocolate, and an ice cream party at Southside.

Minds Matter president, junior Eric Moore, says the club functions on two levels. The first is to rid the campus of the stigmas of mental health, and also promote positive mental health.

"The campus just seemed very busy during this past finals week and you could feel the weight of the semester culmi-

nating. We definitely noticed that," he said.

The top five stressors among Messiah students were identified in a recent survey conducted in a Foundations of Marriage and Family class. They were tests, deadlines, homework, friends and family drama, and finals week.

Students were also asked to circle their top five stress relievers from a provided list. 28 students said they take a nap, 18 said they would exercise, sing or listen to music, or hang out with friends and family. 17 said they would watch TV or a

movie, 16 said they would talk to someone, and 13 said they would play a sport. There are many healthy ways to deal with stress. The University of Michigan lists exercising, meditation, eating right, avoiding caffeine, and practicing good time management skills as just a few ways to combat stress.

Messiah has other services for students dealing with stress. The Engle Center provides counseling services for problems ranging from friends or family issues, eating disorders, depression, and academic stress are all free at the center. Appointments can either be scheduled

in person or online.

"I think Messiah does a good job with offering services to students dealing with any problem, but I think they need to promote those services more," said first-year student and Minds Matter member Anna Copp. "We need to raise awareness about the services offered both on and off campus as well as online."

Whether facing the pressure of deadlines, or stressing out over drama with friends and family, students can seek support from the many services offered here at Messiah.



Photo by Glow Bug

Getting to know Messiah's

ANIME CLUB

By Megan Hess
STUDENT WRITER

For those interested in learning about Asian culture through media consumption and subsequent discussion, a visit to Messiah's anime club Kouenkai might be worthwhile.

For those unfamiliar with the type of media that is Kouenkai's focus, anime is a type of art for Japanese animation. "It has its own distinct features that make it different from Western animation," according to vice-president Rachel Book and president Christina Hoffman.

Kouenkai was initially founded in 2002 by Messiah alumnus Derrick Vidal.

"When I started the anime club my freshman year, the goal was to have a forum for learning about a different culture through their media and a community for people who were fans of it," Vidal said. "I met some like-minded people and went through the process of making it official. From there, word spread and we had maybe 20-some members."

In its current incarnation, Kouenkai has about 12 members and meets weekly on Wednesdays and Saturdays. The Wednesday gathering goes from

6:30-8:30 p.m. for a movie showing, and the Saturday gathering lasts from 9:00-11:30 p.m. in the Class Conference Room in the Union for an anime television series.

Over its lifetime as a club, Kouenkai's various members have watched many different movies and shows. *Gurren Lagann*, *Beyond the Boundary*, *Full-metal Alchemist*, *Durarara!!*, *Kids on the Slope*, and *Ouren High School Host Club* have been among the movies viewed by the group.

"For movies we have shown a lot of Studio Ghibli- a Japanese animation film studio based in Koganei, Tokyo, Japan," Hoffman explained. "The studio is best known for its anime feature films...some of them that we have shown are *My Neighbor Totoro*, *Spirited Away*, etc. We want to respect what our members want to watch and take into consideration both genders."

Kouenkai's activities are not limited to screenings and discussions. Depending on travel capability and affordability, the group sometimes attends a local anime convention in Lancaster called Zenkaikon.

"One activity that we had last year (at the convention) was Dungeons and Dragons, which was taught to us by a local alumni, Ray Yaegle," Hoffman said.

Alumni who were part of Kouenkai look upon their membership fondly.

"Anime Club gave us an option that was entirely different from the other groups on campus: a very chill setting where the members quickly grew into friends," said alumnus Brice Farrell. "My senior year, we started having unofficial mid-week sessions and these friendships have lasted me past graduation and across state lines to this day,"

For Messiah graduate Courtney Harris, Kouenkai had different contributions to her Messiah experience.

"Because of transferring into Messiah, it was kind of hard to meet people outside of class, let alone people with shared interests," Harris said of when she first arrived on campus. "Then I learned of Kouenkai, and met a slew of wonderful and interesting people with whom I shared a pretty broad interest and hobby. We weren't just a group of introverts watching animated series from abroad--

there was more."

Current club leaders Book and Hoffman know that the term "anime" comes with many stereotypes for the general public - and want to dissuade them.

"A lot of people have misconceptions of what anime is really about, but there really is something for everyone within the anime genre," they said. "A lot of people grew up watching *Pokemon* and *Sailor Moon*, not knowing that was anime. But there are also shows geared toward older age groups.

"People think cartoons are just for kids, but Japan has proven that animation can have just as much depth as any of the best live action television shows. At the club, we welcome not just seasoned anime fans, but also new people who want to learn what anime is all about. Our main focus is art, film, community and culture."

The Kouenkai anime club can be reached at animeclub@messiah.edu.



Single Swag

Photo provided by the Pulse

By **Livia Ungrean**
STUDENT WRITER

Is singleness a sickness?

Why is it that humans perceive the term “single” as such a burden? As if it is this dreaded disease or something of an unknown nature? Don’t let your crazy aunt to pressure you, or Grandma’s constant Facebook snooping make you feel pressured to be in a relationship. People are going to make you feel like you’re missing out on life, but I’m here to tell you that it is fine to be single.

Being single does not mean there’s something wrong with you or that nobody wants you. It means you are strong enough to say “no” to compromise and losing your identity. Do not get me wrong: I truly appreciate those awesome couples in my life. I have learned so much from them and they have supported me all throughout my life. But if you only want to be in a relationship because the ones around you received 200 likes on Facebook or look like the journey to “start your life”, then you want it for the wrong reasons.

Ring by Spring? Not me.

Although unsaid, many of us fall under the influence of “Ring By Spring”: this idea that students need to be engaged before the final semester of their senior year. How about starting a new movement called “Single Swag”? That’s right, single swag. It is the idea that being single can actually be a good thing! It means you are strong enough to know what you deserve and will not settle for less. It indicates that you’re giving your-

self time to become the person you want to be. As one of my favorite authors, Mandy Hale, says, “You don’t need a significant other to lead a significant life.”

I take that quote to heart, and so should you...you just might learn something. Learn from my experiences: I have gone 20 years in my life without a romantic relationship (gasp for air if you must). That’s right...you can call me un-date-able, but I call it my single girl swag.

No, we’re NOT dating

I take my single girl swag and live life to the fullest, with unexpected friendships and opportunities that are offered once in a lifetime. As a result of my singleness, people have assumed many ideas about myself by observing those I interact with, more specifically men. I’m here to clarify that just because you see me sitting at a table with one single male individual does not mean I’m going to marry him, let alone date him. That has happened to me several times: people will spot me talking to a guy and automatically assume that we are “into” each other. If you do not think it’s possible to have such friendships, I am a walking testimony to say it successfully exists!

One of my very best friends is a guy, and I would not trade our friendship for anything in the world. We go to Chick-fil-A together, talk about our love lives (that do and don’t exist), complain, and even save birds together. He has been there for me through the good and bad times, and even gave me a good perspective on life. I encourage pursuing friendships with the opposite gender: you will learn more about yourself and actually start to understand them!

“Being single does not mean there’s something wrong with you or that nobody wants you. It means you are strong enough to say ‘no’ to compromise and losing your identity.”

There is hope

Once you learn to accept the beauty of friendship, you will feel so much more comfortable and confident in your relationships. There is beauty in singleness, but only if you choose to see it. It all starts with a renewed mindset. Throw out all of the negatives that society defines as single, and replace it with strength, dignity, and respect that you deserve. You are worth it and so much more.

God loves you and cherishes you more than anyone in the world. He knows your future and He’s got it under control. Jeremiah 29:11 reminds us of His promise: “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Be assured that God has only the best in store.

So much has yet to be discovered in God’s great book of life. Find the person you want to be. More importantly, become the person God wants you to be. Focus on improving yourself: not for anyone else, but rather for you. Find your strengths, gifts, skills, and quality characteristics while working towards your dream.

Go on adventures, dream a bigger dream, start reading that book you’ve always wanted to read, spend more time with the loved ones around you, and appreciate the little things. Set goals for your life and create stories to tell your future children, even your future spouse. Prove to them that you didn’t need to settle for someone to accompany you to live life to the fullest.

Who knows: you might learn more than you think by taking advantage of the opportunities you can only do now. There will be times you reflect on life and wish you could share those moments with someone else, but maybe now is not the time. I’ve struggled with loneliness, but until I became comfortable with being single, I would have never known if I chose someone out of love or loneliness. Don’t let these romance movies get to your head, or the couple on Facebook make you feel like you’re missing out on life. Define your life with the unique gifts and talents that you have been given by the One who loves you most.

You are beautiful, you are loved, and you are valued just for who you are. Lovely, single moments surround us: learn to appreciate every one of them. Most importantly, learn to love who you are—not through the eyes of another, but through the eyes of God.

TO BOLDLY GO...

WHERE THE PARTY HAS GONE BEFORE

By Dan Eckert

POLITICAL COLUMNIST

In the aftermath of the 2015 State of the Union Address, many Republicans seem to be questioning their position within government. They were elected to promote a change in Washington and to oppose the White House. Yet before they could pass legislation the economy is booming, the stock market is soaring, the President is enjoying high popularity, and the Affordable Healthcare Act has proven itself as an effective aid to those within the country. So far, the messages of worst case scenario have not come to pass.

The State of the Union (covered on The Swinging Bridge website last week) has forced the GOP senate into inaction, paving the way for an aggressive campaign by the President to secure the 2016 White House for the Democrats. In response, the Republican party has changed its rhetoric. The "party of no" has become "the party of

bold." But just how does the GOP hope to convince the base that their bold new lease on life is worth the vote?

The new approach of the Republican party could be an exciting shift in the political landscape. From 2000-2012, the GOP ran on a campaign of fixing what was broken in Washington. A typical platform for any party, the GOP built their campaigns on stripping down government, rewarding the hard workers, sticking up for the middle-class, and fighting the war on terror. They affirmed "traditional family values", gun rights, drilling, and an increasingly anti-social program rhetoric. The rise of the Tea Party further steeped the GOP in the mythos of the underdog, evoking colonial patriotism and a cry to return to the "pristine past." After the criticism directed at Mitt Romney's comments regarding the 47% and his subsequent presidential loss, the Republican party appears to be attempting to make a rhetorical change.

Rather than running on a platform that supports the upper and middle class by

reducing government programs, giving tax breaks to big business, reducing social support, and repealing The Affordable Health Care Act, the new direction of the GOP is to support the lower and middle class. Ostensibly, this will be accomplished by reducing social programs, repealing the Affordable Healthcare Act, and giving tax breaks to big businesses. This seeming typo is certainly not: the shift in rhetoric seems to be merely a shift in rhetoric. Similarly, a call for "new blood" in the GOP has been revealed to be purely verbal.

In past elections, the GOP presidential candidates have been Mitt Romney, Rick Perry, John McCain, George W. Bush, Sarah Palin, Mike Huckabee, Ron Paul, as well as a host of other lesser-known candidates. The prospective 2016 GOP candidates include Mitt Romney, Rick Perry, Mike Huckabee, Jeb Bush, Sarah Palin, and Rand Paul. The new-er candidates for 2016 are mostly kin of past candidates; the likes of Chris Christie, Ted Cruz, Marco Rubio, and Dr. Ben Carson are all Tea Party darlings and former government officials. Looking at these

repeating names and years old potential candidates, one must wonder where the GOP is keeping "the new blood". In fact, the rhetoric of a "bold new direction" seems to be almost nonexistent.

While this criticism of a "bold new direction" may seem harsh, let us remember that the direction of the Democratic Party looks mostly like a 2016 presidential bid for Hillary Clinton. A respected, yet unreliable, candidate, Clinton will need to convince voters that she is in touch with current events and is not too old for millennials. All other Democrats seem to be playing their 2016 aspirations close to the chest--all of course, except Vice President Biden: a political dinosaur who would fare about as well in the polls as Sarah Palin.

**UPDATE: Mitt Romney announced last Friday that he has dropped out of the 2016 Presidential race.*

Dan Eckert has recently started a weekly politics column for The Swinging Bridge online. Visit

swingingbridge.messiah.edu

to read his writings.

By Devin Dietrich
STUDENT WRITER

Within the past two decades or so, Hollywood has begun to take on a bad practice. As the film industry has begun to grow efficient and streamlined in the way it produces movies, executives and studios have grown bolder and more confident. Starting in the 1990s and growing increasingly common in the 21st century, unnecessary sequels released solely to make money are on the rise--and disappointment is rising along with them.

First, clarifications need to be made. Many sequels produced by Hollywood are quality films, but these usually have one specific caveat: they were planned from the beginning. Franchises like *The Lord of the Rings* or the Marvel superhero movies have pre-written stories that they need to tell across multiple movies.

Things go wrong when sequels aren't actually planned initially. Some movies are created after their first installment did well--well enough to the point where the people behind them decided, "We can make more money if we write another one!" Doing so usually fails to recreate the magic of the initial production because that first film was written to tie things up, right then and there.

2015 is already sizing up to be an unfortunate year for ill-sought sequels.

BLAH BLAH BLAH: THE SEQUEL!

HOLLYWOOD'S BAD HABIT

KEVIN JAMES
PAUL BLART 2
MALL * COP
THE STAKES HAVE BEEN RAISED
APRIL

// SEQUELS continued

Masterpieces such as *Ted 2*, *Paul Blart: Mall Cop 2*, *Hot Tub Time Machine 2* and *Magic Mike XXL* are stumbling into theaters this year, plus numerous reboots of older movies like *Poltergeist* and *Friday the 13th*. Appreciating why this keeps happening despite the destructive reviews sequels get requires a look into how Hollywood does things when a movie turns a profit.

Writing a 2015 franchise guide for Forbes, David Gonzalez says that, "Hollywood deals with sequels and franchises in a very predictable way

these days: If a movie manages to make a significant amount at the box office (over its production budget), discussion of a sequel begins."

Regarding 2015's upcoming roster, Gonzalez writes that, "...the seemingly-unnecessary sequel takes two primary forms: sequels to surprise hit comedies from years past and animated sequels aimed at bringing in audiences too young to know any better."

In addition to this questionable business tactic, Hollywood's other recent money-making strategy is to split a story that was originally one part into multiple movies, as seen with *The*

Hobbit and *The Hunger Games*. Everyone recognizes this scheme, and many people found *The Hobbit* trilogy lacking because it was spread too thin over multiple films. If so many of us dislike forced sequels, contrived reboots and stretched trilogies, why does Hollywood continue to make them?

Because the film industry is a business. Since the foundation of the Hollywood studios, film was intended as a business first and an art form second. Movies only started being regarded as forms of expression and ideas decades after people began selling them. Unlike other pursuits like literature, fine art, and theatre, movies are built on a

foundation designed to make money.

The more efficient Hollywood becomes at making movies, the more tempting it is to use the system to make money at the cost of quality entertainment. Though often unoriginal and poorly executed, unnecessary sequels are made because the hype and following they spark in viewers will sell enough tickets to turn a profit. It's an unromantic reality of filmmaking.

Whether or not this trend will continue much longer is uncertain, but 2015 looks like a very "green" year for American cinema. There will be a lot of recycling.

letter to the editor:

BECOMING A SOCIETY THAT HONORS GOD

By Ronald B. Clippinger
COMMUNITY READER

As evidenced by the front page article in *The Swinging Bridge* issue on December 11, 2014, the situation in Ferguson, MO has gotten all Americans talking and thinking. One thing is certain: the carnage, looting, burning, riots, bitter feelings, and the mistrust could have been avoided had a simple matter of two commandments of God had been observed, obeyed, and put into practice.

The first one is the eighth commandment: "Thou shalt not steal" (Exodus 20:15). The other is the sixth commandment: "Thou shalt not murder" (Exodus 20:13). Had these commandments been kept by the individuals involved, the roller coaster of events would not have occurred.

Obedience to the eighth commandment by the individual who died would have required payment for the item(s) pilfered and would have shown respect for the ownership of the property.

Obedience of the sixth commandment by the police officer could have saved a human life and probably prevented or assuaged much of the mistrust that was immediately displayed and still continues to this day.

The commandments that are revealed in the infallible and inerrant Scriptures must be obeyed and put into

practice, and they must be the standard of conduct if our country is to return to a peaceful and civilized status.

The word of God must be read in our personal devotions, in our families, in public and private education, and adhered to in our judicial system if we are to promote and maintain law and order among our people in the United States of America.

If obedience to the sixth and eighth commandments were in effect across our land, millions of dollars would be saved. Great heartaches would be avoided. It would reduce our incarcerated population immensely, and the ownership of private property would be respected.

Law enforcement officers must be put into practice new techniques. They should be taught to use alternative methods of restraint and not that the only suitable procedure is to shoot to kill. Instead, they must be taught more peaceful methods of law enforcement.

These types of practices should be changed and made a part of police training and implemented very quickly.

In any confrontation between police and a suspect, color of skin, nationality, or race should never be a factor.

Hopefully, the day will come when

our society will be tired of what is taking place and we as a nation will embrace God's commandments as our standard of conduct and use the Bible as our guide for behavior, the sooner we will be a society that honors God.

"Fear God and keep his commandments, for this is the whole duty of man" (Ecclesiastes 12:13).

"Moreover, by them (law, testimony, precepts, commandments, fear, rules of the Lord) is your servant warned; in keeping them, there is great reward" (Psalm 19:11).

" The word of God must be read in our personal devotions, in our families, in public and private education, and adhered to in our judicial system if we are to promote and maintain law and order among our people in the United States of America. "

From the Editor:

ENJOYING THE MOMENT

By Joel Hoover
EDITOR-IN-CHIEF

I want to start this piece by taking the time to thank everybody who has either read or contributed to the content of *The Swinging Bridge* this past semester. Your support of the work we do to inform the campus is greatly appreciated. This newspaper would not be able to function the way that we do without volunteer writers and the readers who pick up the paper on newsstands or read our stories online.

We are continually searching for news, features, and stories to tell that are happening around campus or have a connection to Messiah. If you have a story, an event, an opinion to share, or know of something interesting going on, feel free to email The Pulse or myself and let us know. We are always looking for information to share, as well as writers who are interested in sharing it or helping with the work that we do.

For a moment though, I would like to take a step away from the latest news stories and need-to-know campus information to speak candidly to you, the reader. I am currently a senior

here at Messiah, and graduation is looming just over three short months down the road. Even writing that very fact is a somewhat exciting, harrowing, and conflicting thing for me to do.

My time left here is quite short, and I will seldom have opportunities to address many people at once like I do on this platform. For that very reason, I want to encourage all of you to make the most of the time you have left to be here at Messiah—however long or short that may be.

When I say that statement, I don't just mean fulfilling academic expectations or taking steps to get to the next phase of your life beyond college—though these are noble intentions if you have a clear goal in mind. What I mean is simply this: on a daily basis, there are opportunities and people all around us to draw enjoyment from and to invest in. Take them and utilize them to the best of your God-given abilities because

the little moments are what make the days so worthwhile—particularly at a place and time in our life like college.

College is a unique period of our lives: it is a chance to glean knowledge for us to process, become skilled in the field we seek to pursue, live independently for the first time, and interact with people of varying backgrounds and life stories. While all of that is a lot to undertake on a daily basis, there is a certain bit of opportunity that comes from this position that we are in. It is our last opportunity to take on experiences before we go into the job field or whatever our plans are post-graduation.

With that in mind, I encourage all of you who have a few semesters more remaining than I do to take opportunities to have experiences. Go study abroad, if you can: I had a “study abroad” experience in Philadelphia all of last year, and it was one of the most transformative experiences I have ever had. I have spoken to many other people who have been abroad who said it enhanced their college experience in a remarkable way and left them a changed person. Look around you on a daily basis for ways to break the “norm” of your college experience through group activities, attending events, or just venturing to try something new. Embrace the daily moments you have for all they are worth.

Even more importantly, embrace the people around you. It is very easy in today's society and culture to be critical of others or place them below ourselves because we are so often presented the message that we as individuals are what matters first. However, it is distinctly Christ-like to “consider others better than yourself” and to look “not only to your own interests, but the interests of others”. Embrace the relationships that you have around you—if you find quarrel with someone, the message of

seeking respectful reconciliation cannot be stated enough. Jesus himself mingled with many who were different in ideal and lifestyle from himself, and yet he loved them all the same.

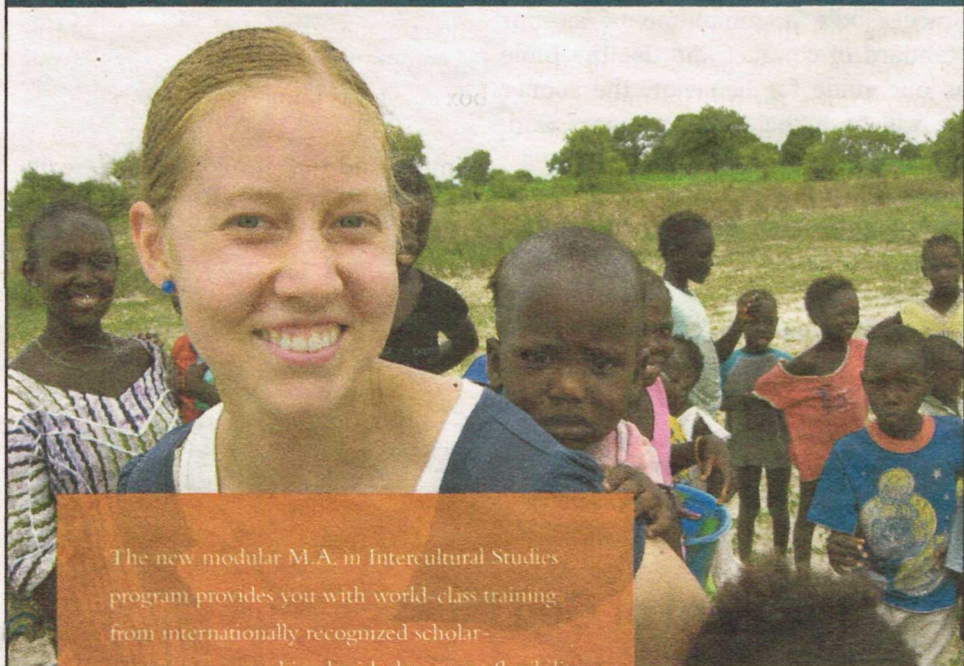
College is a very challenging time for young believers, as their faith is put to the test in an individual living situation for the first time. That is why I urge all of you to dive into Scripture daily and make your personal walk with Christ that very thing—your walk. There will be many voices and influences and directions for how to approach your faith and how it should look in your life. Above all else, the Bible is our truest guide for how to walk as believers: utilize it and a healthy, vigilant prayer life to find the conviction and direction that only can be found through God's guidance.

There is power in recognizing the unmistakable fact that God has a plan for every one of us: a plan that is promised for us numerous times in the Bible. When we are able to recognize this and commit our daily walk to Christ and whatever he may have in store for us, it radically alters our perception of our circumstances, people around us, and life itself. It keeps in focus the fact that our life is not our own, but for the greater glory of the one who has gifted it to us.

I close by saying this: college is an important season in a life that we only live once. This is a fact that I keep on my mind very often to challenge me to make the most of the days, people, and experiences I have in this particular season. Do not let them pass you by: find your personal guidance and conviction for how to live them to the fullest. But as you do so, remember the incredible opportunity and power that comes from running this race of life for something much greater than just yourself. Run in God's name.

Photo provided by the Pulse

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Senior Art Education Show Explores Identity



Photo by Megan E. Bloom

Amy Bantz displays her senior work in Aughinbaugh Gallery at Messiah College.

By Megan E. Bloom
A&E EDITOR

During J-Term, senior art education majors Amie Bantz and Tori Winters opened their gallery show, "Because They Make Up Who They Are." The show will be up in the Climenhaga Building's Aughinbaugh Gallery until Feb. 13.

Both artists shared the general theme of identity, Bantz focused on being biracial and Winters with the influence of positive people in her life. Though they have a similar underlying theme, their paintings show very different and deep elements of their lives.

Bantz's idea came from an experience over the summer where she went to get ice cream with her boyfriend and people were staring at her.

"It's as if they've never seen an Asian person or biracial couple before," she said.

That moment got her thinking about how there had been many moments in her life where she felt different because of her half-Korean, half-white heritage.

"It dawned on me that I'm very different yet I've never been super aware of my differences," she said. "I've never really reconciled a lot of my differences about being biracial."

Bantz made four paintings that have two very literal juxtaposed images from her childhood. They each depict two artifacts that represent American and Korean culture such as a Korean tea bowl with a bendy straw and a milk carton.

"Growing up, all I wanted was to be able to grab a milk carton from the milk crate like all the other kids did but my mom never signed me up for it," she recalled. "I had a different lunch, I felt different."

She did not want her pieces to be too incredibly serious though--it is a heavy and personal subject.

"It's supposed to be fun, funny and not too heavy," she said. "I think people need to laugh a little when they're in the gallery, they don't need to be so somber."



Photo by Megan E. Bloom

Bantz and Winters pose together in Aughinbaugh Gallery at Messiah College.

In Winters' paintings, she did portraits of people in her life that have influenced her. They range from three images of her family to a young girl and boy, an elderly woman and a friend.

"I never really think about these people who have influenced me, so it's like journal writing--a time of reflection," she said.

The young girl that she only knew for a day represents the people in life that one only knows for a brief time. Even though it is a short moment, they somehow can make an impact.

A portrait of some of her family members symbolizes a deeper understanding-- people that have made powerful impact over a period of time.

Winters explained that these women "listen, take time to understand the peo-

ple around them, are wise in their advice, and think before they speak" which makes them so insightful.

"People listening to me and trying to understand me plays into everyday because people just really want somebody to listen to them and understand them."

The old boxes that she used to paint on also have a representation of humanity. Since the faces are on the bottom of the box, nobody can see what is inside the box since it is hung up on the wall.

Winters said that it makes people wonder if there is anything behind the boxes.

"It brings this mystery that everyone carries in the human story," she said. "We're all carrying something with us... we all have a background."

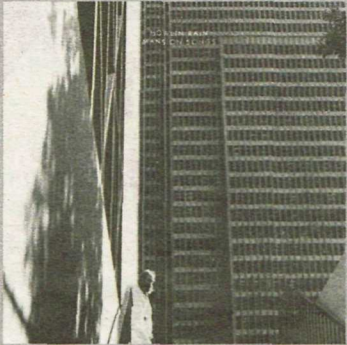


Photo by Megan E. Bloom

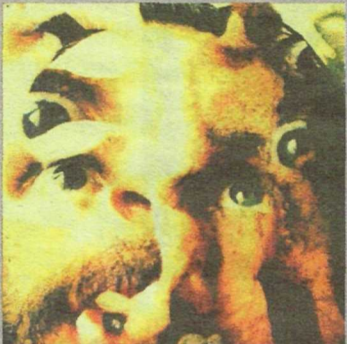
Tori Winters displays her senior work in Aughinbaugh Gallery at Messiah College.

“We all have a background.”

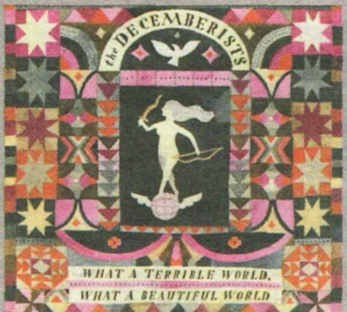
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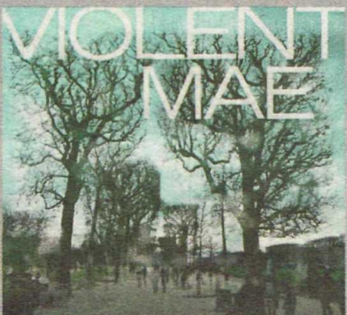
Howlin Rain
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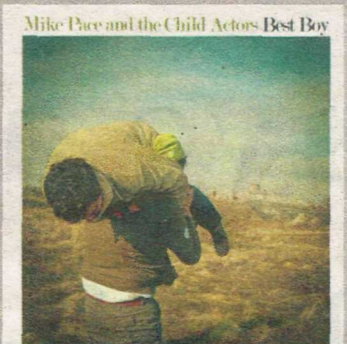
Max Pain and the Groovies
Electric Cosmic



The Decemberists
What a terrible World, What a Beautiful World



Violent Mae
LP



Mike Pace and the Child Actors
Best Boy

Hot Mikado

Love Triangle hits Messiah Stage

By Mimi Pedercini
STUDENT WRITER

With Valentine's Day approaching, a love triangle is brewing in Climenhega's Miller Theater. *Hot Mikado* is a swing and jazz musical performed by the Messiah College Department of Theater and Dance. Showings are from Feb. 5-7 and Feb. 12-14 at 8 p.m., as well as Feb. 8 and Feb. 15 at 3 p.m.

This unique performance tells a love story that takes place in Japan. The characters Nanki-Poo, Yum-Yum, and Ko-Ko are the center of the love triangle. According to the event description, "in a land where outlandish laws sentence people to death for almost any indiscretion," the Mikado himself, Ko-Ko, returns to the town of Titipu after a period of time with no executions. Along with seeking order in Titipu, Ko-Ko searches for his missing son who has fled from the Mikado's court.

The musical comedy rendition is an adaptation by David H. Bell and Rob Bowman from W.S Gilbert and Arthur Sullivan's original opera, *The Mikado*. Dr. Edward Cohn, director of the musical, adds that the elements of swing and jazz music that also incorporates gospel, blues and rock which, "succeeds in making a much more light-hearted story."

Cohn explained that the exotic setting of Japan provides a foundation to the prominent themes as the ones in the original opera. Gilbert and Sullivan originally created the opera with the intentions of mocking the British government, unbeknownst to the government at that time. There is also the mockery of western ignorance of the Japanese culture. This is evident in scenes where the characters refer to not being able to read Japanese although they supposedly are, in fact, Japanese. These details brighten the stage with humor.

Sophomore theater major Anthony Johnson has already done four previous shows at Messiah College and is excited

to act in the spring musical. Johnson is "excited to have a chance to be a cool cat" as he portrays the character of the Mikado, Ko-Ko.

His passion for performing equips him to overcome nervousness and take on the physicality of his character.

"I am learning to be confident at all times, be firm when I need to be," Johnson said. "This requires discipline and constant focus to portray my character." Johnson said that the audience can expect some incredible talent. "The musical comedy acquires a ton of jokes and puns people will really laugh at," he said. "If you come back and just want a really fun time with good laughter and good music at the beginning of the semester, then come to see *Hot Mikado*."

Tickets will be available at the door, by phone at (717) 691-6036 or online at www.messiah.edu/tickets. Tickets for general admission are priced for \$12 and student tickets cost \$7.

Feb 5-15
Miller Theater
Tickets \$7 / \$12
students public

Illustration by James Gibbons

The Mask Man comes to Messiah

Faces of Mexico: Dance Masks from the Robert Ibold Collection

By **Olivia LaBianca**
ONLINE EDITOR

Cora Mask



The Aughinbaugh Gallery in Climenhega will display Faces of Mexico: Dance Masks from the Robert Ibold Collection from Feb. 6-Mar. 13.

“The Mask Man”, as Ibold is sometimes called, is a retired graphic designer from Lancaster, PA who began collecting masks in the 1980s. According to the website Orange UMBER, the ethnographic collectible database for which Ibold is a consultant, Ibold’s attraction towards masks “was purely aesthetic at first, deriving from his love for paintings and sculptures.”

“I saw them as wonderful examples of art,” Ibold said in his website biography. However, as his collection grew, he became more interested in the masks’ symbolic and cultural meanings. “I became more interested in how they were used, what they represented, their history, and other stories that surround them. Now I enjoy both the art and the ethnography.”

Ibold now handles masks from Africa, India and the Himalayas, Bali and Java, Oceania, Native America, Mexico, Guatemala, Caribbean, South America, and Europe. The collection on display in the Aughinbaugh Gallery will focus primarily on Mexican art and culture.

Ibold collects masks from estate sales, Internet auctions, flea markets and other places. “We rarely buy from runners or dealers, nor do we take trips to distant lands,” Ibold stated. “You could call me a ‘picker’.”

The collecting process can be extremely expensive. Ibold said that the market for masks and other tribal art has grown, making a comeback in the United States. “Back in the 1970s, tribal art was unappreciated in rural Pennsylvania and dealers would sell those ‘ugly masks’ for very little money. Not anymore.”

Faces of Mexico is not Ibold’s first collection. In 2002, he displayed his show Masks from Around the World at the Lancaster Museum of Art. The show was a success, and prompted Ibold to start a website which offered masks for sale and would also help amateur mask collectors identify and categorize acquired pieces.

Ibold considers his website to be a place to exchange ideas and help beginners, as well as a valuable archive for dealers, collectors and students who are doing world culture or art projects. “For collectors interested in many different cultures, we are indispensable. Specialists interested in a specific culture or region are often pleasantly surprised by some of the fine, authentic masks...” Ibold said.

How does the Mask Man go about selecting masks for his collection? He offers a good bit of advice on his website, and gives a list of suggestions for aspiring mask collectors:

What to look for in a mask:

- *Do you like it?* Ibold says “visual impact and artistic merit are very important...”
- *Is it well crafted?* He says that skill and workmanship are important, but should not be the top priority of the mask collector.
- *Rarity* comes into play, since “one can’t help but be interested in hard-to-find masks.”
- *Authenticity* is important to Ibold. “Has it been used or was it intended for use?” he asks. While he will occasionally buy pieces of tourist paraphernalia, “masks made for sale to tourists lack anthropological or historical interest.”
- *Provenance* is at the bottom of his list. “Because I am basically a ‘picker’, I search sales and buy collections, often from people who have little information.”

Keep an eye out for more information about Ibold’s show coming to Messiah College this February. Visit his website (masksoftheworld.com) for more information.



Tigre Mask



Veracruz Mask



Skull Mask

Photos by masksoftheworld.com

LOST FILMS

FALL 2014 CALENDAR PART 2

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JANUARY 6, 7

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FRI. 6 & 9 PM
SAT. 3, 6 & 9 PM

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\$4 GUESTS

Look for the rest of the Spring films to be announced soon!



Senior Recital Spotlight:

Kevin Nitz

By Megan E. Bloom
A&E EDITOR

Senior music performance major Kevin Nitz will be having his senior bassoon recital on Feb. 7 at 2 p.m. in the High Center Recital Hall. After studying bassoon for four years, he reflects upon his experiences and where he will be going post-graduation.

Q: What songs will you be performing? Which is your favorite?

Nitz: Vivaldi "Bassoon Concerto in E minor," Saint-Saens, "Bassoon Sonata," Villa-Lobos, "Ciranda Das Sete Notas" and Flegier, "Concert Suite."

My favorite is probably the Saint-Saens' sonata...it is a mixture of really beautiful melodies with difficult technical passages and is the most fun to play and to be expressive with.

Q: What do you plan on doing post-graduation?

Nitz: I am currently auditioning at grad schools for a master's in bassoon performance, my end goal being to play in a professional symphony orchestra.

Q: What has the music department taught you in regard to your music and non-music life? Something that you have really valued and will carry with you post-grad?

Nitz: My time here has shown me what hard work can really accomplish. I didn't start playing bassoon seriously until I got to Messiah, and I thought it would just end up being for fun. I pretty much had to play bassoon because nobody else did, so they threw me in the ensembles and I felt way in over my head. I put in a lot of work, but in the end it all paid off quite well. Coming in I never would have thought I would end up going to grad school with the intent to play bassoon professionally, but here I am on the path to do so.

Nitz's performance is one of several recitals that will be given in the next few weeks in the High Center's Recital Hall. Students Kyra Hill and Bethany Franklin will be performing on the trumpet and French horn respectively on Sunday, Feb. 8 at 2 p.m. They will be followed by a special faculty flute recital from Jocelyn Goranson at 4 p.m. Damian Savarino will also be giving a faculty voice recital on Feb. 9 at 8 p.m.

Student Luke Forshey will be giving a hymn piano composition recital the following weekend on Feb. 15 at 4 p.m. There will also be guest recitals from Mark Boseman on percussion at 1 p.m. and Keith Phares giving a voice recital at 8 p.m.

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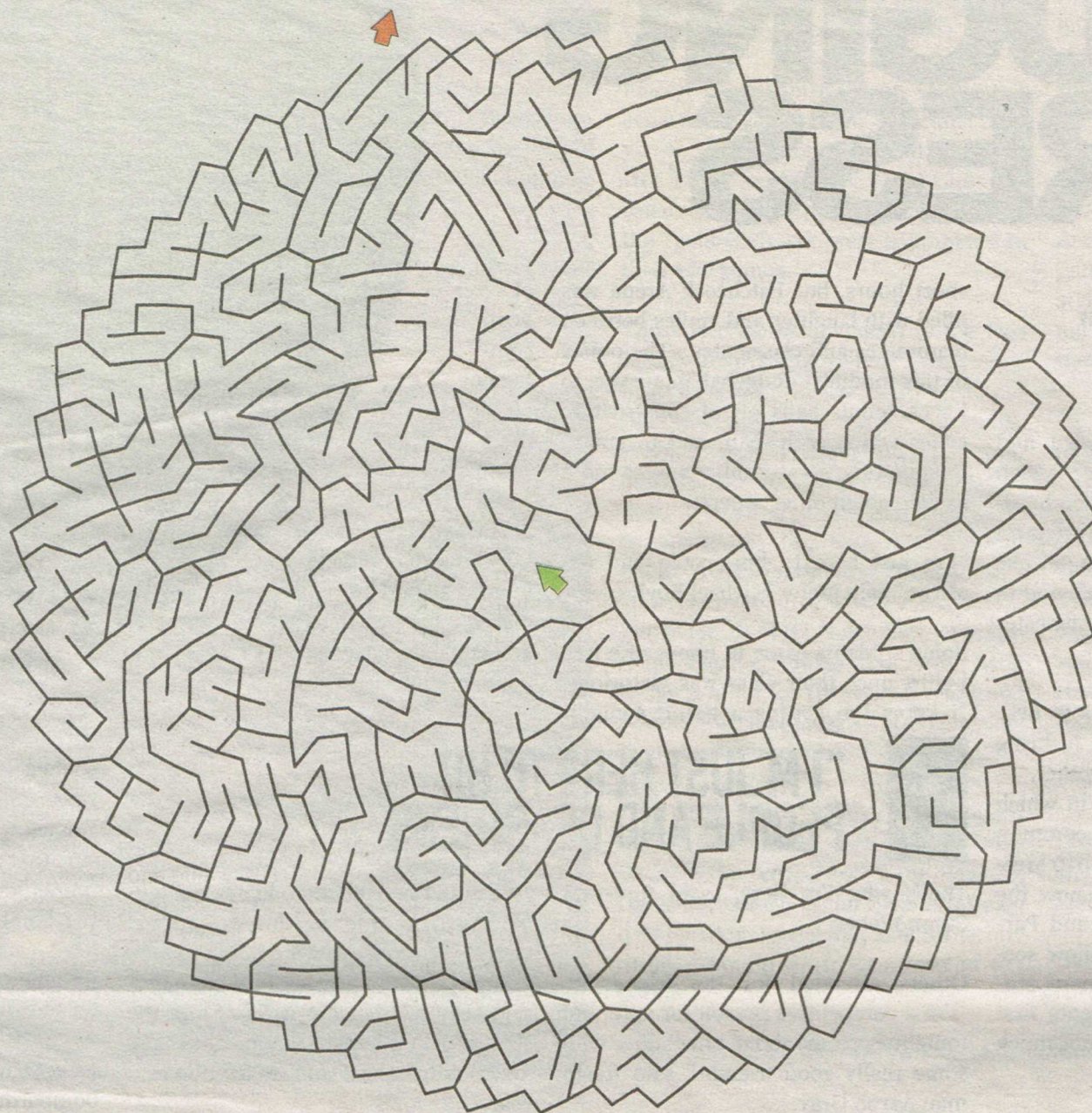
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5				3	6		9	
					7			
						2	6	
8	6	3						4
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6				8	3			

DODGING STRESS

By Daulton Leonard
STUDENT WRITER

While winter winds howled and swirled around campus, Messiah held their eighth annual Eyas bombardment tournament in Hitchcock arena on Jan. 22. Students gathered to partake in a modified game of dodgeball and to celebrate the upcoming Spring semester just on the horizon.

This tradition began in 2007 over Homecoming Week as a way to bring the four classes of students together. "The idea was to have a way in which all the classes could unite in a common act," said Brittany Claridge, a 2010 Messiah College graduate who is now the Assistant Director of Alumni and Parent Relations. "The Marshmallow soccer game is always popular among students. However, between students' first year and senior year, there is not much to unite the classes,"

The classes did indeed unite through the event. The game only lasted a few

short hours, but Hitchcock Arena was filled with laughter and smiles between teammates and classmates. The object of this modified dodgeball game was to knock tennis balls off of construction cones which each team had to guard. Despite this, some students were more excited about other aspects.

"I'm just here to hit people and de-stress," said junior Michael Boyles.

Some students came in hopes of a free t-shirt once their class was victorious. "I know I'm getting a t-shirt tonight!

That's why I'm here," said first-year Sarah Weber.

Others attended for the friendship. "I'm a competitive person for sure, but tonight is really about unwinding with some really good friends," said freshman Aaron Gray.

The contest ended with the senior Class

of 2015 coming out on top as the winners. The first-years lost when a participant accidentally knocked off their tennis ball and promptly placed it back on their cone—a scandal that may live in Class of 2018 infamy.

"I'M JUST HERE TO HIT PEOPLE AND DE-STRESS"

"We didn't need them to knock the tennis ball off in order to win...we had that easily. We knew we were going to win, because we were way better than them," said senior Mitchel Warren. Since the seniors won this year, that means that a new champion will come to fruition next year.

The new champion will be crowned thanks to the Eyas student alumni

Photo Provided by Warehouse 13 Wiki

council and the backing of the Student Government Association. The alumni council works hard year round to make sure that there is enough fundraising for events like tailgate events, rallies, and the bombardment tournament. Their hard work and dedication often goes unnoticed, but these two councils work for the good of Messiah College.

Next year, when you see flyers for the bombardment tournament, go and participate! As a wise man from a movie once said, "If you can dodge a wrench, you can dodge a ball."



Photo by The Pulse

The Class of 2015 celebrates their victory at the Eyas bombardment tournament in Hitchcock Arena.

BOUNCING BACK

A MID-SEASON WOMEN'S BASKETBALL REVIEW

By Ashlyn Miller
STUDENT WRITER

Just one year after making it to their 15th-straight NCAA Division III Tournament, the Messiah women's basketball team was just 5-6 coming out of Christmas break after failing pick up any wins on a two-game trip to Florida.

It was quite a jolt for a team coming off a 21-8 season the year before.

In the first few weeks of 2015, the Falcons have made it clear that their New Year's resolution was to play more like the Falcon teams of the past—going 6-3, which included a run of four straight conference wins, through Feb. 1.

To ask Messiah womens' basketball coach Mike Miller, the turnaround has nothing to do with his 29 years of coaching experience at Messiah.

"I take no credit for their success," said Miller. "They all have a desire to keep this program successful."

Teamwork and drive have proven key for the Falcons this season, as they worked to fill the roles left by the five graduating seniors from last year—Chelsea Danel, Taylor Miller, Kelsie Hitesman, Katelyn Vanderhoff and Emily Martz. Danel and Miller, in particular, were heavy losses, as they were catalysts for the team's three-point shooting.

This year, with only two seniors—Si- enne Wisse and Hannah Nichols—many players had to adjust to new starting roles. For first-year players Kaitlyn Hoff and Jen Fairbanks—who have seen significant playing time—they had to adjust to the new pace of college-level basket- ball.

"This year's roster needed to gain expe- rience and learn to handle the pressure

of feeling responsible for the team's out- comes," said Miller.

While Messiah's defense remains strong—the Falcons are currently first in the conference in opponent points per game, only allowing 52.9—the of- fense has not had as commanding of a presence this year.

If the Falcons score more than 60 points per game, they are 9-1; if they cannot make it past that mark, they have gone 2-8.

However, it can be hard to get an of- fense going when there are a lot of turn- overs—which is one of the Falcons' most glaring weaknesses this season. During the month of January though, the Fal- cons were able to lower their average to around 18 turnovers per game, hitting a season low of 11 against Hood on Jan. 21.

After establishing themselves through strong conference play in January, it is likely that the most deci- sive games of the season will come against Stevenson (Feb. 7 at Brubaker Auditorium) and Al- bright (Feb. 11 at Brubaker Auditorium). Messiah lost to both teams in their matchups earlier this season.

Stevenson is currently first in the con- ference with a perfect 10-0 record as of Feb. 1, while Albright is in second with a record of 8-2. Messiah is right behind them in third with a 7-4 record.

"The goal is to keep striving to be the best and continue to get better as a team and to peak in February," said Miller.

If their recent play is an indicator of what is to come, the Falcons are doing just that.



Provided by Messiah Athletics

First-year guard Kaitlyn Hoff has averaged 15.3 points per game in Messiah's last four games.

New players in the spotlight:

Here is a quick look at some of the "new- er" faces who have made an impact for the Falcons lately.

Kaitlyn Hoff: A freshman guard, she has averaged 15.3 points in Messiah's last four games through Feb. 1. She is now averaging 7.8 points per game this season and has shot 87.7% at the free- throw line. Hoff scored a season-high 17 points twice in the last four games.

Jen Fairbanks: Another member of

Messiah's first-year class, Fairbanks provides good rebounding skills to pair with double-double threat Gillian Glackin. Like Hoff, Fairbanks has also shown an ability to score, averaging 7.0 points per game.

Dominique Seamon: Seamon has taken on a lot of responsibility for the offense this year, holding a starting guard role after coming in off of the bench last season. Her aggressive style of play has given her 35 steals this season, and she recently scored a career-high 21 points against Widener on Jan. 30.



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Wrestling takes close 2nd at MAC Championship, crowns five individual winners

By Mason McFee
STUDENT WRITER



Photo by The Pulse

Messiah wrestling--currently ranked #9 in the nation--narrowly missed out on capturing the MAC Championship in Wilkes-Barre on Jan. 24. National #8 Delaware Valley secured the overall team title over the defending champion Falcons by just 1.5 points, edging Messiah 125.5 to 124 in overall score.

Despite the second-place finish overall, the Falcons saw five individual conference champions crowned at the event.

Those five individual conference champions from the tournament were: Lucas Malmberg, a sophomore from the 125 lb. weight class, Kaleb Loht, a senior from the 141 lb. weight class, Larry Cannon, a sophomore from the 157 lb. weight class, Josh Thomson, a junior from the 174 lb. weight class, and Ben Swarr, a first-year from the 184 lb. weight class. In addition, Derek Beitz, a first-year from the 165 lb. weight class, earned Second Team All-MAC honors after finishing runner-up in his weight class.

"Going into today, we told our guys that 'it's another rehearsal,' head coach Bryan Brunk told gomessiah.com after the tournament, as he commented on his team's approach before and during Saturday's event. "We have a few young guys that are coming along quickly, so they'll need to continue to improve. Our

older guys also need to get better, and we think we're at a spot where that's happening."

Jake English, a senior who finished fourth in the 165 lb. class, has seen the growth within his team--not to mention within himself. He agreed with Brunk's assessment of the team's status following the conference championships.

"Things are really starting to click for us as a team," he said. "Each week we are wrestling more and more like a national championship team."

The Division III national team championship has been an oft-spoken goal of the Falcons from before the season began back in the fall. After Kaleb Loht's individual national title in the 141 lb. class a year ago, and with the Falcons starting 16-1 as of Jan. 30 in team matches this season, there is belief within the team that they can contend on a national scale as a group.

Senior Isaiah Shipman, who holds a record of 12-5 this season, noted that it was a small tournament--just five teams competed--but that the level of competition was still very good.

"Many weights had one or two top guys in the country, so despite it being one of

Messiah was a mere 1.5 points from repeating their MAC wrestling title from a year ago.

the smaller tournaments we have been a part of, it was a good test for us," Shipman said when reflecting on the weekend.

The Falcons will look to build on their recent showings back home in Grantham, as they host York in a team dual tonight in Brubaker Auditorium at 7 p.m. The

dual will also feature a special "Sumo Night", where men's soccer player Brandon West will square off against men's lacrosse player Will Franken in a sumo wrestling match. There will also be a women's sumo match, as lacrosse player Ida Ehrhardt will battle soccer player Mackenzie Clapper.

Sports Scores

SAT 1.31.14	Men's Basketball at Widener University	W 87 - 77
	Women's Basketball at Widener University	L 61 - 65
	Men's Swimming at Misericordia University	L 115 - 139
	Women's Swimming at Misericordia University	W 170 - 90
WED 1.28.15	Men's Swimming at Pace University	W 206 - 30
	Men's Basketball at Lycoming College	L 64-66
SAT 1.24.15	Women's Basketball at Lycoming College	W 53 - 49
	Women's Basketball at Lebanon Valley College	W 61 - 53

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